Australian
Southern Rocklobster
clean. green.®

the finest in the world

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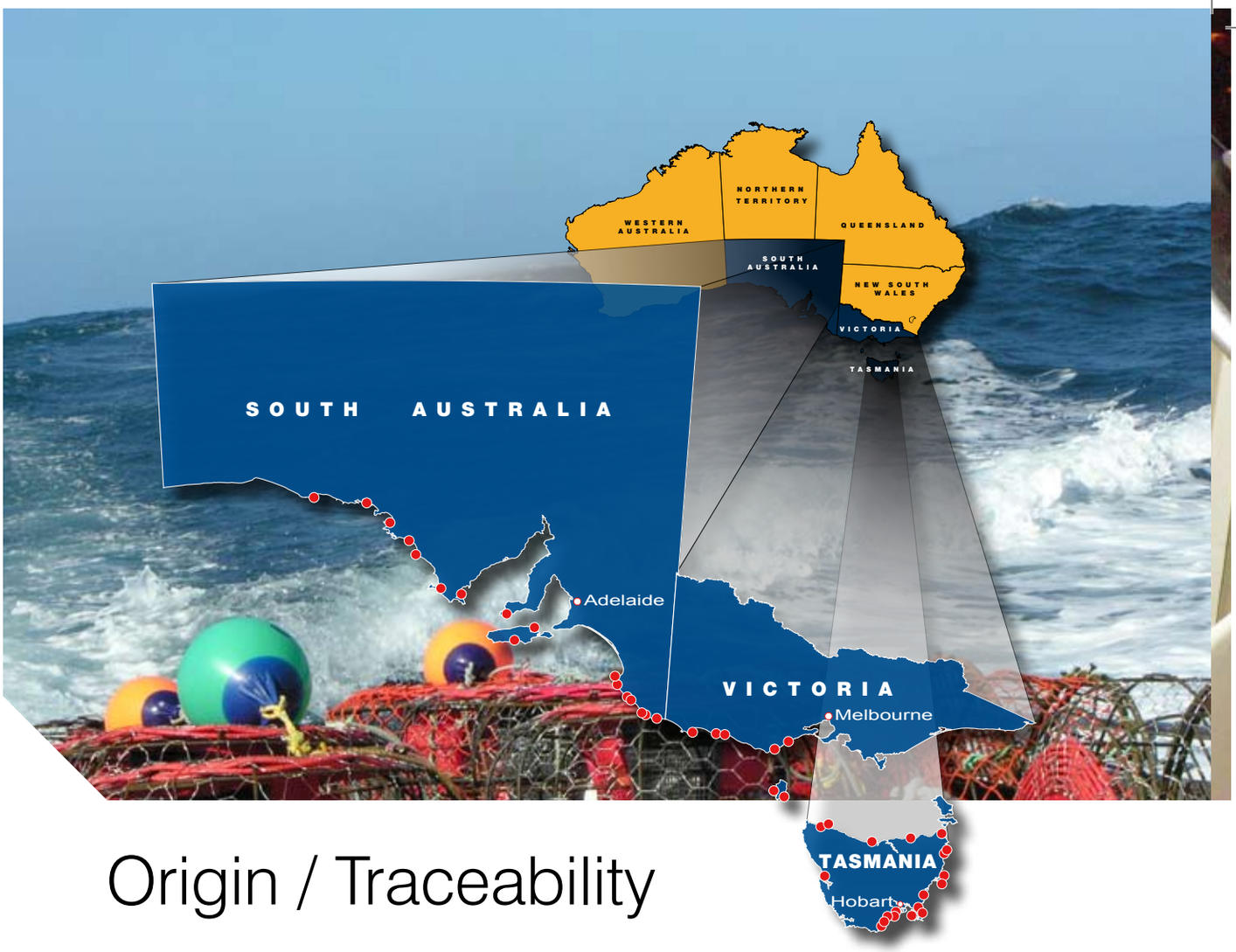
Attributes

- **Wild caught** in the pristine cold Southern Oceans of Australia.
- With sweet and delicate, firm white flesh, the “Clean Green” Australian Southern Rocklobster has no market competitors, neither in taste nor in meat-to-shell ratio. Users of these Rocklobsters can expect to retain almost twice the amount of meat, pound for pound, than the American equivalent. There is absolutely no doubt that the Southern Rocklobster sits alongside the likes of Beluga caviar and Alba truffles as a premium luxury food.
- Delivers a **30% Grade 1 sashimi rocklobster tail** using our salt ice slurry extraction technique.
- Utilization of the complete animal results in extremely competitive food costs and Australian Southern Rocklobster is preparation and service friendly, compared to other crustaceans.
- No melanosis, therefore the flesh doesn’t turn black.
- Harvested by one of the most advanced and innovative **sustainable wild fishing programs** in the world today. Southern Rocklobster Limited only supplies live, certified ***Clean Green*** Australian Southern Rocklobster that are ***Traceable*** back to their origin – quality and freshness is guaranteed.
- Each fisher retains ownership of the rocklobster through the supply chain to guarantee sustainability, supply and consistent quality.



Origin / Traceability

Origin – the Southern Ocean

- The Australian Southern Rocklobster (*Jasus edwardsii*) is native to the coastal waters of Southern Australia and regarded as the finest spiny rocklobster in the world.
- Caught **wild** from waters off Southern Australia, this exquisite species of rocklobster is revered for its sweet rich flesh, firm texture and size.
- This rugged coastal region is renowned for the quality of seafood it produces. Fed by the cold, nutrient rich waters uprising from Antarctica, Southern Rocklobster is a slow growing, selective feeder.

Is it Authentic – full traceability

- Every certified live ***Clean Green*** Australian Southern Rocklobster is immediately tagged with a barcode at the point of capture, and is fully traceable.
- The tag guarantees the authenticity and quality of every Southern Rocklobster.
- The tag allows restaurants and customers to track the history of their rocklobster online. Who caught it, and where. **www.southernrocklobster.com**

Meat-to-shell Ratio & Culinary Utilization

- Salt ice slurry extraction techniques have consistently achieved meat-to-shell ratios between **45% and 52%** with a consistent **30% of the total weight being Grade 1 sashimi.**
- Efficient use of the entire rocklobster can result in dishes with food costs as low as 20%.
- New dishes **loosely based on molecular cuisine techniques** using the head, shell and tomalley have taken rocklobster consommé to new heights. These can result in innovative dishes are fully explored on our website. **www.southernrocklobster.com**
- Cooking green product rather than re-warming blanched or cooked product allows new culinary opportunities. Bag cooking improves shelf-life, preserves freshness, texture and flavour. Green leg, knuckle and horn meat, bagged into portions, once cooked can be served hot or cold.

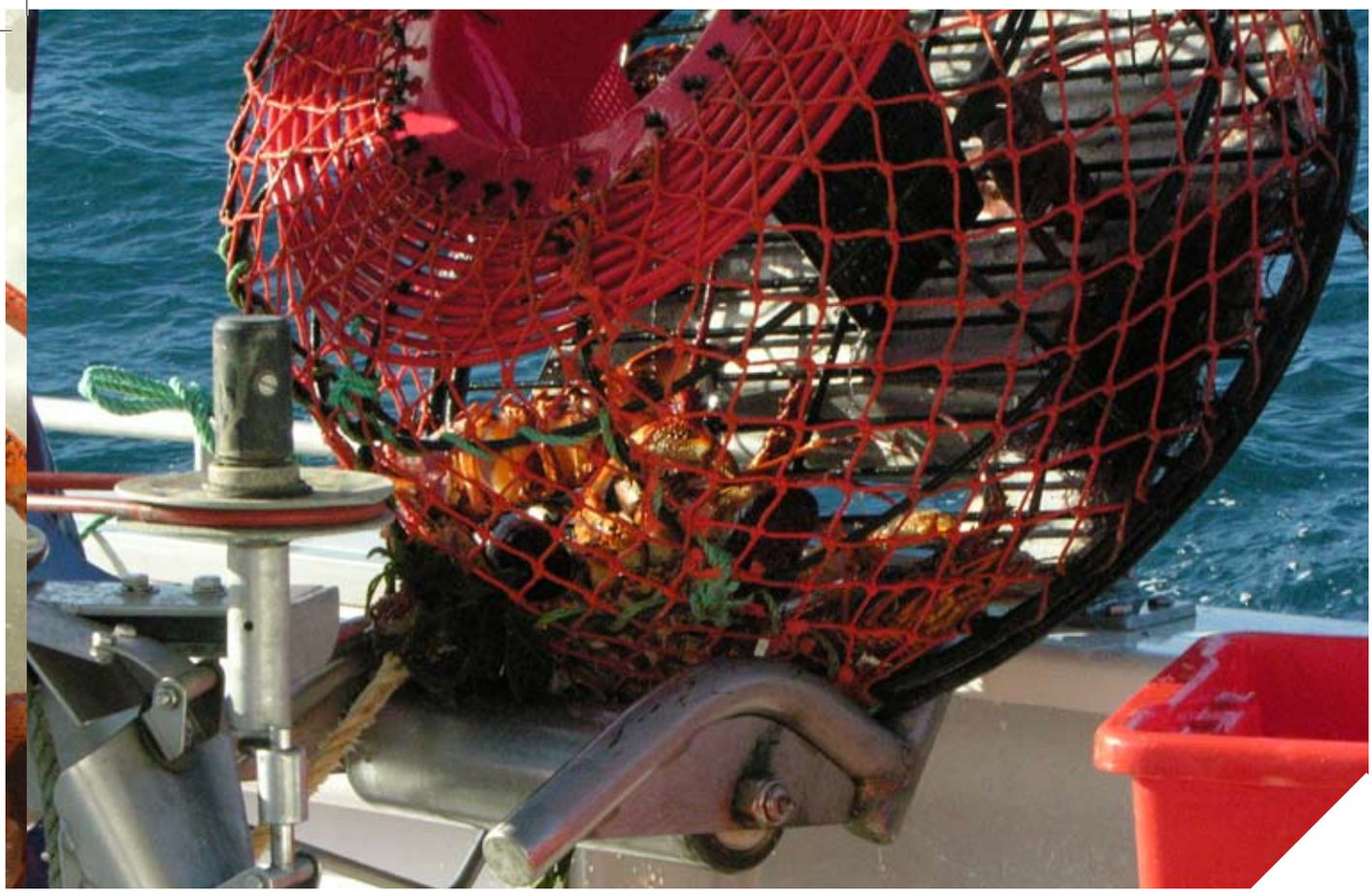
Culinary uses for Australian Southern Rocklobster

- Southern Rocklobster Limited (SRL) constantly works with chefs, member fishermen, scientists and government officials to expand and improve information available to our customers.
- SRL's **CHEF NEWS** is instrumental in introducing culinary ideas from some of the world's finest chefs, using Australian Southern Rocklobster on their menus. In addition, our Australian research chefs have added technical information and are constantly adding recipes, using a variety of techniques, to our website. **www.southernrocklobster.com**
- To receive SRL's **CHEF NEWS**, or to send us recipes for inclusion on our website, please email **Lucy Hinge** – lucy@corvel.com.au

Margins

- Australian Southern Rocklobster delivers a meat yield of between **45% and 52%** depending on the extraction method used, and the diligence of the preparer.
- When we consider cost per pound, Australian rocklobster compares very favorably to other rocklobsters.
- The recognized superiority of the ***Clean Green*** Australian Southern Rocklobster brand means that plate price can result in the highest profit margin.
- Southern Rocklobster Limited delivers 12 months of the year at a pre-negotiated and fixed price, subject to seasonal variation.

	AUSTRALIAN SOUTHERN ROCKLOBSTER			OTHER ROCKLOBSTER		
Cost/pound	$30	$33	$36	$12	$15	$18
Meat Recovery %	50%	50%	50%	24%	24%	24%
Cost/ounce (meat)	$3.75	$4.13	$4.50	$3.13	$3.91	$4.69



Sustainability

The Australian Southern Rocklobster fishery is one of the most visionary and carefully managed commercial ***wild*** fisheries in the world today.

The management of sustainability and quality is rigorously enforced by:

- Strict catch quota limits.
- Minimum legal size meaning undersized rocklobsters are returned to the ocean.
- Limited licenses, boat and pot numbers.
- Egg bearing females are also returned to the ocean and there are variant closed seasons and seasonal protection for females.
- Australian Southern Rocklobster Industry regularly funds compliance and research programs.
- Independent auditing of ***Clean Green*** environmental standards and certification which includes protection of the ocean environment and waste management, such as recycling oil, plastics and other waste.
- The Australian Government Department of the Environment conducts **environmental sustainability audits** every five years. In any instance of non-compliance export permits would be withdrawn.
- **Sustainability and environmental management** are our operating mandates for the future of Australian Southern Rocklobster.

Clean Green Program

- The ***Clean Green*** program is a product certification program, which incorporates environmental, work place and food safety, product quality and animal welfare standards for the Australian Southern Rocklobster industry.
- The ***Clean Green*** registered trademark guarantees an independent, internationally recognised audit of the certification process throughout the supply chain supporting the ***Clean Green*** program.
- This ensures best practice, and maintains Southern Rocklobster Limited's zero tolerance for non-compliance.
- Since its inception, Southern Rocklobster Limited's ***Clean Green*** Program has received many accolades for best practice. The most significant acknowledgements of our advanced practices include:
    - » The United Nations (Association of Australia) first place Business Enterprise Awards section for **Environmental Best Practice Program**, 2005 World Environment Day Award.
    - » National Safety Council of Australia's Awards of Excellence in **Occupational Health and Safety**.

Fisher Direct Supply Model

Member fishers of Southern Rocklobster Limited own the ***Clean Green*** rocklobster right to the customer - ***Fisher Direct.***

The fishers own:

- Southern Rocklobster Limited (SRL), the trading company for Australian Southern Rocklobster.
- The ***Clean Green*** certification program and traceability system - the program that guarantees quality.
- ***Clean Green*** is a registered trademark owned by the fishermen of Southern Rocklobster Limited.
- Southern Rocklobster Limited merges independent Southern Rocklobster fishermen under one brand dedicated to absolute quality of product and environmental sustainability – ***Clean Green Australian Southern Rocklobster.***
- The management of Southern Rocklobster Limited determines and facilitates supply and trade using carefully selected and qualified service providers.

Seasonality

- Managed fish sourcing from five zones across three states with overlapping seasons means Southern Rocklobster Limited can **guarantee quality, live fresh Australian Southern Rocklobster twelve months of the year*.**
- Meeting quality specifications is the deciding factor as to which zones may be the supply point.

* In rare instances the supply of wild caught live product can be disrupted by bad weather.

Quality Assured

- Guaranteed **wild caught, world's best practice, sustainably fished live animals**, the Southern Rocklobster Limited ***Clean Green*** brand is the first choice of all great chefs.
- Southern Rocklobster Limited's rigorous standards preserve the quality of Rocklobsters through the ***Clean Green*** program. Every ***Clean Green*** certified skipper, deckhand, process worker and packer is committed to ensuring the best quality.
- Australian Southern Rocklobsters are caught in specially designed pots and great care is taken to ensure the limbs and antennae are protected at all times.
- Australian Southern Rocklobster fishermen **make short fishing trips**, further ensuring quality and freshness. Once pulled from the water the rocklobsters are quickly sorted on the boats, and to avoid sun and wind exposure are immediately placed live, in flow-through seawater tanks.
- Shore based activities are focused on minimizing stress and maximizing the quality.
- The rocklobsters are quickly and smoothly transferred from the boats by the port-based processors to land based temperature controlled circulating seawater tanks that slow the metabolism thus minimizing stress.
- Further chilling allows the rocklobsters to be transported across the globe via our specialized logistics networks.
- Minimal stress, maximum quality!

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Storage and Handling

Certified Clean Green Australian Southern Rocklobster

Live Storage and Handling

Live — (tank storage)

To maintain live Australian Southern Rocklobster in tanks in premium condition they should not be held in tanks longer than one week. Tank conditions must be rigorously maintained.

Temperature: 11°C – 12°C or 51°F – 53°F
Oxygen: best maintained at 100% - minimum > 80% saturation
Ammonia: < 0.5 mg/l
Nitrite: < 1 mg/l
Nitrate: <50 mg/l
Alkalinity: 100 mg/l – 200 mg/l
pH: 7.8 – 8.2
Salinity: 35 – 36 ppt
Crear & Allen 2002

Live — (chiller/cool room)

Two to three days stored between 1°C and 3°C or ~34°F and ~37.5°F – best consumed at the earliest convenient time.

To store live Australian Southern Rocklobsters in the chiller/cool room without disturbing the animals, carefully remove the lid and punch numerous air holes in it. Replace the lid and store in their delivery packaging at the bottom of the chiller/cool room well away from the fan or door.

Live — (general information)

Live Australian Rocklobsters should not be stored if they are weak (limp legs and tail) OR recently moulted. If this is the case, the rocklobster should be immediately processed by your preferred method.

Storage and Handling

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Processed Storage and Handling

Processed Blanched or Boiled

PROCESSED WHOLE — Tag each animal with the process date and store in a food service box with a lid. Store at the bottom of the chiller/cool room, well away from the fan or door. The rocklobsters will last 3 days maximum when stored between 1°C and 3°C or ~34°F and ~37.5°F.

PROCESSED HALF — Remove the stomach and digestive track and cover the meat with plastic food wrap. Tag each half with the processed date. Store in a food service box with a lid at the bottom of the chiller/cool room well away from the fan or door. The half rocklobster will last 3 - 4 days when stored between 1°C and 3°C or ~34°F and ~37.5°F and up to 6-7 days when bagged / cry-o-vac and stored well away from the door between 1°C and 3°C or ~34°F and ~37.5°F. **Care must be taken that the bags are not pierced by the horn or shell.**

PROCESSED BAGGED AND COOKED — Cooking must be rapidly arrested in an ice bath and date of process marked on the bag. The bagged rocklobster will last 6 days at the bottom of the chiller /cool room well away from the fan or door when stored between 1°C and 3°C or ~34°F and ~37.5°F.

Raw/Green

BAGGED — Optimum storage of raw/green meat is best achieved with bagging. Food service gloves must be worn when packing and bagging and a small amount of Extra Virgin olive oil or clarified butter (where appropriate) increases the shelf life. The rocklobster will last 4 - 6 days at the bottom of the chiller/cool room well away from the fan or door when stored between 1°C and 3°C or ~34°F and ~37.5°F.

TIGHTLY ROLLED IN PLASTIC FOOD WRAP — the rocklobster will last 2 to 3 days at the bottom of the chiller/cool room well away from the fan or door when stored between 1°C and 3°C or ~34°F and ~37.5°F

SASHIMI PORTIONS — For premium quality sashimi, use on the same day as processed. Otherwise the meat will keep for 2 – 3 days when stored in a food service box with a lid at the bottom of the chiller/cool room well away from the fan or door when stored between 1°C and 3°C or ~34°F and ~37.5°F. If the sashimi comes from raw/green meat that has been previously bagged **USE SAME DAY.**

Dating

Production dating throughout the storage and processing life of your Australian Southern Rocklobster ensures that quality and shelf life is maximized and waste is minimized.

Storage and Handling

Certified Clean Green Australian Southern Rocklobster

Cross Contamination

Australian Southern Rocklobster is easily contaminated with other food odors. Rigidly following Southern Rocklobster Limited's instructions for STORAGE & HANDLING will prevent cross contamination.

Humane Killing Method

Chill the rocklobster in the freezer between -8ºC and -28ºC or ~17.6ºF and ~18.4ºF for 30 minutes or until insensible[1]. Holding the rocklobster across the back (refer to CORRECT HANDLING methods). Place the rocklobster on a chopping board and hold it across the back. Using a very sharp knife, pierce it between the eyes to ensure a quick and humane kill. Place the rocklobster in a food service box with a lid and put in the chiller/cool room for 30 minutes between 1ºC and 3ºC or ~33.8ºF and ~37.4 ºF.

Apart from showing respect to a living animal by killing it humanely, it has been scientifically proven that animals killed under stress show significant deterioration of their flesh.

Correct Handling

Correct handling including minimizing stress will ensure that your Australian Southern Rocklobsters are kept in premium condition.

Do not apply excessive force on the sides of the carapace as this leads to structural damage and bleeding of the gills.

Avoid opening the tail of cooked whole Rocklobsters as this can lead to structural damage.

[1] Insensibility — free manipulation or extension of the tail and movement of the outer parts, without resistance. Recommended humane killing method – RSPCA Australia.

Sashimi & Green Meat

- Green, Grade 1 sashimi tail is easily extracted from Southern Rocklobster using our recommended ice slurry and salt extraction technique which is explained on our website – **www.southernrocklobster.com - TECHNIQUE – Green Meat Extraction.**
- Grade 1 sashimi tail and green meat extracted from live Australian Southern Rocklobster has no equal in the market place, neither in taste and texture, nor meat-to-shell ratio.
- Easy extraction of green meat and its naturally gelatinous nature enables even small pieces to be compacted in bags in neat and elegant portions to be cooked at a later stage.

Sashimi

1. Kill the animal humanely (refer to humane killing methods) and put in the chiller for 30 minutes.
2. Put the animal in salt and ice slurry (refer to **www.southernrocklobster.com – TECHNIQUE - Green Meat Extraction** section of recipes for full details).
3. Best prepared 30 minutes before using. Portion sashimi grade green tail (all ***Clean Green*** Australian Southern Rocklobster tail is sashimi grade) into 50g portions. Using the flat side of a mallet, gently flatten them out between two sheets of Freezer-go-Between.
4. Date the sashimi and refrigerate in a food storage box with lid and store between 1°C and 3°C or ~34°F and ~37.5°F. Green Australian Southern Rocklobster prepared in this way is sensitive to other fridge flavours and is easily spoiled when not stored properly.
5. For optimal quality use the same day, but rocklobster properly stored between 1°C and 3°C or ~34°F and ~37.5°F will last up to 2 days.
6. To serve — carefully peel back the top sheet of plastic and press the meat against the serving plate, smoothing the edges to ensure they are stuck to the plate. Carefully peel back the second sheet of plastic. Finish the sashimi dish and serve. Refer to our website for sashimi recipes and tips – **www.southernrocklobster.com**

Grilled

1. Kill the rocklobster humanely (refer to humane killing method).
2. Hold the rocklobster firmly and split it lengthwise with a very sharp knife.
3. Working over a bowl, remove the tomalley and stomach material. Vac and/or freeze this for another purpose. Rinse the rocklobster under cold water and pat dry with a clean towel.
4. Roll the rocklobster through molten herb butter or Extra Virgin olive oil, season generously with Maldon sea salt and freshly ground black pepper. Place in a box with lid and refrigerate away from the fan. Herbs such as mint, coriander and basil should be added after cooking, immediately prior to serving, as they will go black during the cooking process.
5. Place on grill, meat side up. When the degree of cook almost reaches the top of the rocklobster, brush butter or oil into the sides and crevices and place the rocklobster under a salamander for a couple of minutes to colour up. Brush flesh again and leave in a warm place for five minutes to finish cooking.
6. Serve with cut lime/lemon wedges, or if you like, a beautiful tarragon or herb mayonnaise that is complementary to your original baste. The tomalley sieved through a very fine sieve is stunning in a mayonnaise with a little chilli juice and Tabasco.

Sous Vide (Bag cooking)

Cooking

- Sous Vide (bag cooking) delivers brilliant consistency of product, especially when cooked using a digitally controlled emersion element like the Spanish Roner or adapting similar methods with a bain marie. The controlled temperature accuracy of digital immersion elements has vastly changed cooking techniques in the past five years.
- This method minimizes weight loss during cooking and lessens pan and oven work during service. Extensive information and recipes are available in the **RECIPE** section on our website. **www.southernrocklobster.com**

Storage

- Southern Rocklobster Limited appreciate that all great chefs want to use the best possible product in their cooking and using the entire animal is critical to maintaining food costs. Our extensive shelf life testing of bagged product has resulted in increased shelf life with minimal quality deterioration.
- Green product bagged under super hygienic conditions (food service gloves must be worn) and stored at constant temperature between 1ºC and 3ºC or ~34ºF and ~37.5ºF. With seasoning and extra virgin olive oil or butter consistently held sound for up to 9 days. We do not recommend such long storage, but 5-6 days under appropriate refrigeration between 1ºC and 3ºC or ~34ºF and ~37.5ºF. Keeping only service requirements in service fridges and the bulk portions in the chiller/cooler delivered an additional 3 days shelf life in perfect condition. This will **minimize waste and maximize flavour**. It also means that Southern Rocklobster can be processed more efficiently in larger numbers and there are fewer problems with incorrect storage and stock rotation.
- Failure to wear food service gloves when bagging the product showed a significant decrease in shelf life.

Steaming

Whole

Place the whole Southern Rocklobster in the steamer for 15 minutes at 100°C (212°F).

Half

Place both halves in the steamer for 13 -14 minutes at 100°C (212°F).

Individual portions

Individual portions maximize food costs. To preserve the delicate clean flavour of the Southern Rocklobster, roll the tail through extra virgin olive oil and sea salt and wrap it tightly in heat resistant plastic food wrap, twisting the ends back to make the roll as firm as possible. Refrigerate for 30 minutes to allow the roll to firm.

For service

Without removing the plastic, slice into 75g portions. Lay the bottom of individual steamers with the other components of your dish. Without removing the plastic place a portion cut side up on top. Put a few drops of oil or molten butter appropriate to your dish and season the top of the portion. Cover with a steamer lid and steam for 3-4 minutes (this time will be dependant on the temperature of your service fridge). Carefully remove the plastic, plate, garnish and serve.

Roasted

- Kill the animal humanely (refer to humane killing method) and harvest the tomalley. Split the rocklobster in half (lengthwise), rinse and pat dry.
- The best food costs are achieved by removing the head completely and extracting the green meat for other dishes. Use the head and shells for making stocks for another purpose.

Half

- Roll the rocklobster through Extra Virgin olive oil, molten butter or vegetable/peanut oil. Duck or goose fat is also excellent. Season the meat generously with salt and pepper.
- For Asian and Chinese flavours add a couple of drops of sesame oil, finely minced ginger/garlic and coriander root, chilli, lemon grass or any appropriate flavour for the particular Asian Chinese cuisine that does not go black during cooking.
- For French flavors, we recommend lime/lemon rind, tarragon or thyme.
- For Italian flavors, we recommend oregano, fresh peeled black figs and pancetta.
- For Spanish flavors, we recommend almonds, orange rind, smokey bitter-sweet paprika, anchovies and garlic.
- Sit the rocklobster flesh side up on a rack in an oven tray, using a foil wedge to hold it level, preventing juice runoff.
- Cook in a pre-heated 200°C/400°F (20% steam is also helpful) oven for 8-10 minutes (small) 12-15 minutes (large) rest in low resting oven for 5-10 minutes to finish the cooking.
- Serve as required making sure to pour any escaped juices over the rocklobster meat.

Rocklobster Steaks

This product is a taste sensation, portion controlled and simple to prepare and cook. Southern Rocklobster steaks make the perfect surf 'n' turf and are suited for banquet operations.

1. Thaw the rocklobster steaks overnight in a refrigerator or under cold running water.
2. Lightly knife cut the surface of the rocklobster steak on both sides.
3. Roll the rocklobster steak through extra virgin olive oil or clarified butter and season.
4. To cook:
   Option 1: Steaming
   Steam each rocklobster steak for 4 – 6 minutes.

   Option 2: Poaching
   Poach in a pan filled with 50:50 stock/fume: butter at 60°C/140°F for 4 – 6 minutes and rest, covered under lights for another 2 – 3 minutes.

   Option 3: Pan Fry
   Heat a pan to medium to hot and cook each rocklobster steak for approximately 1.5 – 2 minutes each side, rest covered under lights.

   Option 4: Sous vide (bag cooking)
   Bag the portions in a single layer, at 60°C/140°F for 6 – 8 minutes and rest under lights for another 5 minutes.
5. Plate, garnish and serve.

Ravioli

The Ravioli is made from 100% wild caught Australian Southern Rocklobster (Jasus edwardsii) hand picked leg and knuckle meat. Each ravioli is Individually Quick Frozen (IQF) as a 1 ounce portion and bagged in two 5lb bags within a 10lb case.

Australia Southern Rocklobster Ravioli

- Contains natural, unprocessed, hand picked wild caught Australian Southern Rocklobster meat
- Has no added preservatives
- Has no artificial flavours and colours
- Is sourced from certified sustainable fisheries

To cook:

1. Boil a pot of water, add salt to taste.
2. When water is boiling add the frozen or thawed Australia Southern Rocklobster Ravioli.
3. Once water has returned to boil, simmer for 3 – 5 minutes or until cooked
4. Plate, garnish and serve.

NOTE: Australian Southern Rocklobster Bisque is the ideal base for a sauce to accompany the Ravioli.

Bisque

This Bisque is prepared using wild caught Australian Southern Rocklobster raw / cooked bodies (Southern Rocklobster bodies yield 50% more meat than the traditional American rocklobster) and is prepared using French cooking techniques to enhance the unique taste of the rocklobster. Southern Rocklobster Bisque is frozen in 1 gallon bags and 4 bags are packed in a case. The bisque is easily thawed, heated and served with zero labor cost.

To cook:

1. Remove bisque from freezer and thaw overnight in a refrigerator.
2. Place contents of bisque in a large pot.
3. Heat gently until the desired temperature is reached.
4. Garnish and serve.

NOTE: Southern Rocklobster Bisque can be served alone or as a sauce to accompany our Ravioli or a variety of other dishes.

Fried Rocklobster

1. Fried rocklobster lends itself to many cuisine types including Cajun, Mexican, Japanese and especially Cantonese. rocklobster can be fried with or without the shell to equal acclaim. The Cantonese kitchen will cut the tail into sections, toss it through a very well seasoned mix of flour and corn flour, salt, pepper and finely chopped chilli, wok fry and serve with plenty of finely chopped chilli as a garnish. One of the reasons the Cantonese fried dishes are so fabulous is that they use clean oil for each dish. Clean oil is the key to great deep-fried dishes.
2. The frying process makes the rocklobster very rich, so portion size should be appropriate according to the other components included in the plated dish. We have found that a 100g (meat only) portion with embellishment is a perfect main course, assuming the customer will also order an appetizer and dessert. Fried rocklobster is best made with green rocklobster meat.
3. Leg, tail and horn meat is easily combined for use in dumplings with the addition of 10g of tapioca flour per 500g of meat. Use your hands (don't forget the food service gloves!) to combine the flour and meat and allow the mixture to stand in the fridge for at least half an hour before further preparation.
4. For tail portions, roll the rocklobster portions through Cajun or Mexican Chocolate dust or your preferred dust — refer to *http://www.southernrocklobster.com/about/recipes/hotdishes.aspx* for recipes. For the dumplings, drop your desired portion into the dust and flick it over with a fork to cover the other side. Alternatively you may want to make them canapé size and use a light, traditional Japanese tempura batter. If you want to make this dish suitable for coeliacs, certified maize (corn) flour can be used to replace the wheat flour.
5. Fry in clean, hot oil until coloured and crisped on the edges and drain on paper towels. Main course portions should be rested under heat lamps for 3-5 minutes to finish the cooking process; entrée and canapés can be served immediately.
6. Plate, garnish and serve!

Pan Fried

Pan fried is usually associated with cooking medallions and it requires accurate timing to prevent them drying out or over cooking.

1. Roll the portion through extra virgin olive oil or clarified butter and season.
2. Pan the portion quickly on both sides on high heat.
3. Remove from the pan to a seasoned small tray, cover with a lid and rest them in 100ºC/200ºF resting oven for 3-4 minutes to finish cooking.
4. Serve as required.

Top Image - Panned Southern Rocklobster Medallion, Rocklobster Ravioli, Rocklobster Bisque Sauce – d'Arry's Verandah Restaurant, McLaren Vale, South Australia

Stocks & Consommés

Stocks and Consommés are the basis of many dishes including sauces and molecular elements.

Break up all of the head and shell into smallish pieces and weigh it.

Prepare the mirepoix using the following formula for European stocks (**refer to www.southernrocklobster.com/about/recipes – Hot Dishes - Stocks**)

- 125g (4.4oz) unsalted butter
- 500g (17.6oz) onion, peeled weight, finely chopped
- 250g (8.8oz) carrot, peeled weight, finely chopped
- 125g (4.4oz) celery, cleaned weight, no leaves
- finely chopped
- 1kg (2.2lb) head and shell
- 500g (17.6oz) very ripe tomato, roughly chopped, optional
- 4L (1.05 gallons) cold water
- 10g (0.35oz) whole white pepper
- 2 fresh bay leaves
- sprigs of whole herbs such as parsley, tarragon, thyme and sorrel

Method:

1. Sauté the onion, carrot and celery until it is golden and caramelized. Add the rocklobster head and shell and continue cooking, stirring until it goes bright red. Add the water, pepper and herbs and very slowly bring to a simmer, constantly skimming any scum that comes to the surface.
2. Turn the heat down to the lowest point and cook, still skimming and cook for 45 minutes from it starting to simmer.
3. Turn the heat off and allow it to stand for 1 hour. As long as it is crystal clear without disturbing the bottom of the pot, strain the stock through a very fine chinois. Allow to cool, stand on a rack, then refrigerate. Strain the bottom dirty stock through a coarse sieve and use for less refined soups and sauces or rice.
4. When the consommé stock is completely cold, remove the set fat. Strain off again through a very fine chinois (you can use muslin as well) and stopping before the cloudy stock at the bottom. Add that bottom to the dirty stocks.

Molecular Elements

- The use of simple molecular techniques has produced a wide range of dishes that make better use of the head and shell. These dishes bring equilibrium to the usage of the entire animal.
- The originality of these dishes makes them enormously popular on menus.
- Very low food costs without losing any of the sense of luxury associated with rocklobster dishes.
- A totally no waste process - when the shells go into the bin there is nothing left to extract.
- Recipes include Australian Southern Rocklobster consommé cold roll wrappers, consommé tagliatelle that can be used in soups and salads, consommé caviar are just the start of the innovative components that can be made.
- Very small amounts of rocklobster meat embellish these dishes. The bulk of exceptional flavor comes from the molecular elements.

Tomalley

1. A small amount of tomalley (liver) adds intense rocklobster flavor.
2. Infused into the milk of soufflé bases, it delivers a subtle sweet fresh rocklobster flavour that is frequently missing with bisque style stocks and sauces.
3. Infused into cougeres and choux also delivers wonderful flavour results.
4. When added to pâtés, even using duck and chicken liver rather than the more expensive foie gras, the results are impressive.
5. Modestly embellished with as little as 30g (~1oz) of leg meat the food costs are exceptional and the excitement and flavour factor high.

Blanching and Boiling

- Set up ice baths to terminate the cooking process as quickly as possible after blanching or boiling. To maximize the flavor of the rocklobster the blanching/boiling water must be salted. Some chefs will acidulate the water with lemon or vinegar; others use court bouillon to retain the flavour of the rocklobster.

Tips

- Blanching and boiling will achieve better results when Rocklobsters are in a single layer. Packing the pot with rocklobsters means uneven blanching/cooking and generally the Rocklobsters closest to the heat source will be blanched/cooked to a greater degree.

Blanching

- Blanching is a common method of extracting the meat from the shell, however the meat is not green. This method slightly cooks the external edges of the rocklobster and will generally fully cook the leg, knuckle and horn meat.
- To preserve the greatest degree of uncooked meat, put the rocklobsters into boiling salted water (or seasoned court bouillon) and bring them back up to the boil. Immediately after they turn bright red (2-3 minutes) remove them to an ice bath to arrest the cooking. Proceed with meat extraction when they are completely chilled.

Boiling

1. Bring a large pot of salted water to the boil.
2. Add the Rocklobsters and when the water returns to the boil observe the cooking times.

Weight Range - Pounds	Weight Range - Grams	Cooking Time - Minutes
1.32 - 1.76	600 - 800	9 to 10 minutes
1.76 - 2.2	800 - 1000	11 to 12 minutes
for every 0.22 lb over 2.2 lb	for every 100 g over 1000 g	add another minute
4.4	2 kg plus	22 minutes
for every 0.22 lb over 4.4 lb	for every 100 g over 2 kg	add another 45 seconds

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